

# THE HOME

## PRESERVATION OF HEALTH.

It is becoming nearly certain that the best kind of life is not produced by overmuch conformity to definite rule. There is an element of spontaneity in human nature, and that unknown something forbids the rigid and body from giving the same response to the same stimulus on each and every occasion. We may like roast pork; eaten hot to-day and cold to-morrow, it may be delectable to the taste and helpful to the health. But roast pork for a regular diet for a month would certainly produce nausea. Cold, fresh air may invigorate in some bodily states and weaken in others. The same may be said of cold baths. Therefore, the home-maker may well be suspicious of all cut-and-dried formulas, warranted to keep all people well and happy at all times and under all conditions.

The question of the preservation of health in a home is further complicated by another universal fact. In most homes there are from three to a dozen persons, each one with a physique demanding a different treatment to secure excellence in mind and body. Different foods are required, varying temperatures; even the spirit of conversation and ways of government must not be alike if we wish each to attain to the best that is in him. Every home-keeper is troubled with this variation, although, in fact, it is one of nature's kindest laws.

It is good for us, sometimes, to eat food we do not relish, to be bathed when we would rather be dirty, near truths that are unwelcome. The pleasant is not always the best. Going without brings better health frequently than indulgence, as very occasionally it will do us good to depart from our ideas of the best and try other people's.

Common sense is the best thing to preserve health by its regular use. Minds are put in bodies to secure for them proper control, and mind must never be governed absolutely by matter. The woman of intelligence will see that there are some things that must not be done. As accumulations of dirt are always perilous, the home must be clean; but better tolerate a little stain or finger-mark, here or there, than tax physical energy past the limit of daily creative capacity.

## THINK OF THE BRIGHT SIDE.

Some very wholesome advice is thus given: "Look on the bright side, and if there is none, brush up the dark side." This advice is very pertinent, for there is the habit of making the dark side seem darker.

This very often occurs where a person suggests a fault that might have been forgotten or unseen.

"This is very good pie," remarked the worthy husband to his wife; but she, dear, innocent creature, instead of answering, "Yes, I think it is very good," remarked, "Yes, but I fear I got too much shortening in the crust and, possibly, not enough sugar in the custard, but it is not bad."

This was a great mistake. That husband esteemed that the highly and was enjoying it, and that enjoyment should have been encircled.

Instead of that, the wife threw cold water on the compliment, and the husband began to suspect that the custard was a little too sweet and the crust a trifle too short.

That naturally lowered the opinion of the husband for the pie, though he ate vigorously out of love for his wife.

How much better it would have been, if the good woman had not discredited her own knowledge and skill, and left her husband in a blissful appreciation of both.

Which incident should teach a lesson, more important than any great business transaction, is the folly of picking out the flaws and faults of a thing that one is enjoying. Rather than diminish the bright side, let it be increased.

## BABIES HATE LIGHT.

One thing which we must learn to appreciate and respect in the baby is his attitude toward light. This is widely different from ours, writes Dr. Woods Hutchinson in the Housekeeper. Light is one of the most stimulating and attractive things in the world to a baby, and the brighter the better. But to a poor blinking tot of a baby it is as dazzling and irritating as it is grateful to us.

His chief objection to the new world in which he finds himself, if he could put it in words, would be, "It is so beastly light." He is born a cave-dweller in more senses than one. While the rooms which he occupies should get plenty of sunshine, this should never be allowed to shine directly into his eyes or full upon his face.

He has neither pigment in his ten-

der skin nor hair on the top of his pink little head to protect him against the light rays. It is little short of cruelty to animals to lay an unfortunate baby on his back as a tricycle perambulator or baby buggy so deep and well padded that he cannot even squirm, to load him down with clothing and wraps or even actually strap him down so that he can lift neither hand nor foot and then to wheel him about for hours with his little face turned up to the full glare of the light—even the direct rays of the sun.

Here is where the foundation of many a case of headache, of irritable nerves, of fretfulness—with its accompanying indigestion and sleeplessness—is laid. Look at the faces of these poor little human cocoons and you will see three times out of five that while they are bravely trying to make the best of it and to accept it good humoredly their tiny countenances are wrinkled into one universal frown of perplexity and protest.

By all means get the baby into the open air day and night, but see to it that his eyes are protected from the direct glare either by hood or sunshade or by turning his back to it.

## UNPOPULAR MOTHER.

To talk and think mainly about her own children is no doubt as natural to the average mother as it is supposed to be for the man to concern himself with the affairs of the world. But if a mother of children wishes to be persona grata amongst other people—even other mothers of children—she must enlarge her horizon considerably. According to the New York Times, there are distinct classes of unpopular mothers, who may be defined as follows:

She who takes sides in children's fights. The mother hen may fight for her brood, but if the human mother tried it even her youngsters are not grateful for the interference.

She who thinks her own lambs can do no wrong, while her neighbor's lambs are sheep of ink dye.

The mother who trumpets her children as prodigies. They may be wonders, but perfection palls when always in evidence. Besides, what a store of trouble for the children to live up to their mother's boasting!

She who thinks it clever for her little ones to be brutally frank, and cannot distinguish between rudeness and witicism.

The mother who is such a poor disciplinarian that her sole conversation is "Johnny, don't do that!" "Mamie, didn't I tell you to behave?" It pays to make children obey, both for their own popularity and that of the mother.

She who enjoys herself at the expense of the neighborhood. Some mothers play bridge all day, while their children run wild; nor are the Mrs. Jellybys extinct.

The mother who is sure you are dying to hear Arabelle's latest effort on the piano, or Willy's newest recitation. The sufferer hates the mother for the forced sibs as much as for inflicted ear drums.

She who thinks dirt is healthy and does not bother much what sticky fingers touch. Mothers of fingers generally come under the social ban.

The dotting mother, who not only flatters her own offspring, but expects all her friends to back her up in admiration.

She who thinks manners are in-born and doesn't trouble to cultivate them in her children.

## ON DRESS.

(Earl of Chesterfield to his Son.) A man of sense carefully avoids any particular character in his dress; he is accurately clean for his own sake, but all the rest is for other people's. He dresses as well, and in the same manner, as people of sense and fashion of the place where he is. If he dresses better, that is, as he thinks, more than they, he is a fop; if he dresses worse, he is unpardonably negligent; but, of the two, I would rather have a young man too much than too little dressed, the excess on that side will wear off, with a little age and reflection—but if he is negligent at 20, he will be a sloven at 40, and disgusting at 50 years of age. Dress yourself fine when others are fine; and plain when others are plain; but take care that your clothes are well made and fit you, for otherwise they will give you a very awkward air. When you are once well dressed for the day think no more about it.

## THAT REMINDS ME.

"I will tell you the kind of listeners I don't like," said a young woman vehemently. "They're the ones who hear you through, without really interrupting, and whose faces show a smiling animation which you flatter yourself is a tribute to what you are saying—but it isn't any such thing. The minute you get to the end, almost before the last syllable is out, they begin: 'That reminds me of an

experience I had one time'; and without a word of comment on what you have been saying, they laugh forth into an animated personal reminiscence, and sometimes the connection is even hard to see."

"Such people are pretty numerous," said another. "They can't seem to take a healthy, impersonal interest in anything. I saw a dear little girl graduate the other day bring out a photograph of herself which her mother had asked her to show to a friend. There was so much that might have been said to the sweet, shrinking little original of the picture, but this woman's sole comment made with dancing eyes, was: 'I must tell you what a funny thing happened when I had my graduation picture taken fifteen years ago.' And a rather tiresome reminiscence followed, while the new photograph lay utterly ignored in the woman's lap." The criticism surely is not undeserved. Notice for yourself how many people seem to find pleasure only in such conversation as can be turned personally back upon themselves. And it isn't a lovable or endearing habit, is it?—Bertha Germain Woods, in "Zion's Herald."

## CARAMEL HUNTS.

A caramel hunt will delight the children. It is conducted exactly like the time honored peanut hunt. Cornucopias, bags or baskets are provided for each little guest, and fifteen minutes are allotted to find the hidden goodies.

The caramels are all wrapped in waxed paper, then in silver and gold foil, so as to look pretty. No prize is offered, but each child keeps the result of his explorations.

## COURTESY AT HOME.

A good rule is not to let familiarity swallow up all courtesy. Many of us have a habit of saying to those with whom we live such things as some say about strangers behind their back. There is no place where real politeness is of more value than where we mostly think it would be superfluous. You may say more truth or rather speak out more plainly, to your associates, but not less courteously, than you do to strangers.

## HELP ON THE FARM.

"It is not social life a farmer's wife needs; it's help," declared the wife and daughter of a farmer, at a gathering of farmers in the Western States. "Labor is so scarce on a farm," she went on, "that a woman servant cannot be secured for love or money. If anyone wants to do something for the farmer women, let him start some institution that will do washing in the country."

Yes, washing and cooking and sewing—these lightened on her shoulders even to the extent that the city house-keeper has them, the farmer's wife might be able to do the rest for herself. She might have time to get into the town a little oftener to see the social life that is held up as the need of the farm; or to carry on some socialities between the farms. A little leisure for reading, music or fancy work would make life a different thing for the woman who becomes first a drudge and then a worn-out machine, constantly worked and never oiled.

## Extravagance in Diet

A gathering of great doctors, under the presidency of the lord mayor at London, urged upon the fashionably dressed audience at the Mansion house the advisability of a simple diet for the rich and poor. So far as the rich were concerned the 214 existing different kinds of soup and 530 ways of dressing chicken were referred to scornfully, while in the case of the poor their unintentionally extravagant choice of improper food was exemplified by showing that they sometimes spent sevenpence for food the equivalent of which could be bought for fourpence. Sir James Crichton-Browne, whose authority is great in almost every branch of pathology and hygiene, maintained that wage-earners spent far too much for food.

Of the millions who were on the verge of starvation many were so because they did not make the best of their resources. It was necessary to educate the poor in regard to really cheap food, to teach them how to make it palatable, and to serve it daintily. Feeding, he said, was better than education. He deplored the disease of catarrh in England, asserting that a small plate of porridge was equal in proteid value to two thick slices of a 4-pound loaf. He contended that the rich would greatly benefit in health by treating viands more simply. Habit in private life seemed to favor kickshaws and, he added contemptuously, that patent sauces were now only second in popularity to patent pills.

Other leading physicians strove and the meeting with acclaim carried a resolution to establish a body of health visitors to co-operate with the medical health officers, and to spread information about food. The meeting was to a great extent the apotheosis of whole meal bread. A great number of whole wheat preparations were exhibited. Everybody loaded it with praise. Other foods boomed by the learned speakers, comprised lentils, cheap dripping, treacle, and herring—the last being described as being splendidly nutritious. Colonel meat was approved, but white bread received few good words, while eggs from an economic standpoint, were declared to be extravagant, costing far more than they were worth.

Where domestic help gives out, co-operation is the idea that naturally succeeds, and the suggestion of co-operation in some way seems to have taken hold of the minds of the women on the farms. Some kind of cooking centre—these seem not impossible in these days of domestic research and quick transmission. Automobile wagons might cover long distances and pass many farms in summer at least, when the farmer's wife is at highest pressure. In the meantime, the trend of life amongst young women is so largely away from domestic service that the part of wisdom for the rural house-keeper would seem rather to forestall about the nice available hand-maiden and turn her thoughts and ingenuity to combining forces and the always available machinery.

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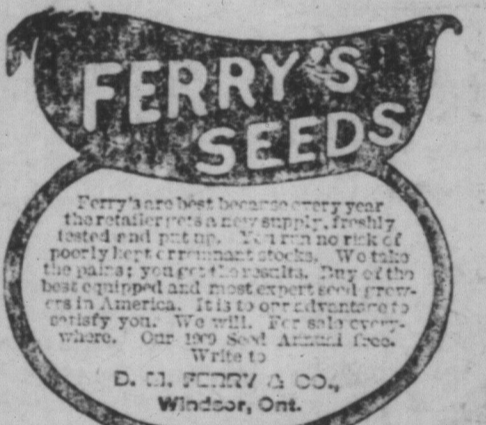
## REMAINS OF HUMAN BONES FOUND ON COAST.

Halifax, Feb. 8.—A cable from St. Pierre, Miq., says a number of human skeletons were found. The discovery was made by a fisherman named Jougand and at a place called Atse Allumets, a fishing cove situated on the east coast of the island of Hiera. While engaged in the excavation Jougand was started in unearthing the bones of a human being. Further investigations were made and after more digging, sixty more skeletons, which had long reposed beneath the floor of the cottage, were brought to light. Under the orders of the mayor the remains were conveyed to the cemetery, where they were interred in a common grave. It is believed they are the bodies of passengers of the sailing ship Clarisse, which foundered near St. Pierre in the year 1846, when sixty perished.

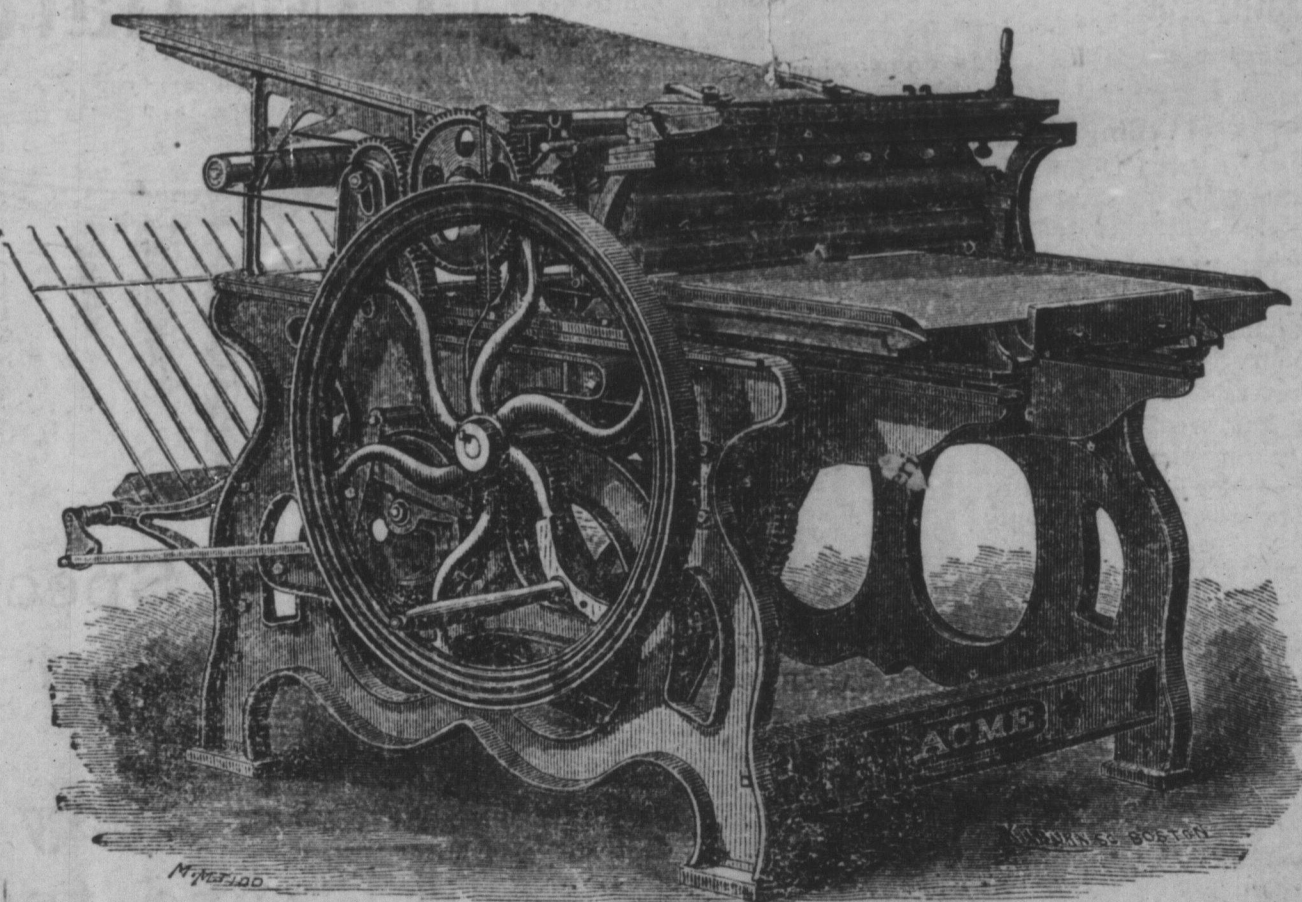
Repeat it: "Shiloh's Cure will always cure my coughs and colds."

## A MILITARY CRISIS.

The annual report of the British Army Medical Department, recently published, has had a startling effect upon the British public. It reveals the fact that "average recruits are on enlistment, the youngest and in the poorest physical condition of those in any civilized army." Moreover, the report continues, "they are nearly all confirmed cigarette smokers and cannot stand work which would be only pay to well fed conscripts of twenty years of age; still less can they face exercises which would do no harm to robust men."



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